

What is claimed is:

2. A device for dispensing a predetermined volume of flowable fluid to be taken into the body by the mouth for digestion or absorption, the device comprising:

a vessel having a bottom and a top lip;

a delivery tube; and,

a hollow baffle plate having an opening and a reservoir for containing a predetermined volume of flowable fluid,

wherein the delivery tube is connected at one end to the reservoir, and the baffle plate is positioned in the bottom of the vessel so that when the vessel is filled with flowable fluid, the reservoir fills with fluid via said opening, whereby a predetermined volume of fluid is dispensed from the other end of the delivery tube when the vessel is tipped.

3. The device of claim 2, wherein the delivery tube and the baffle plate are integrally formed.

4. The device of claim 2, wherein the vessel includes a lid having a bore for receiving the delivery tube.

5. The device of claim 2, wherein the vessel includes a handle.

6. The device of claim 2, wherein the other end of the delivery tube is adapted for receiving a mouthpiece.

7. The device of claim 4, wherein the lid includes a connection port for receiving a mouthpiece.

8. A device for dispensing a predetermined volume of flowable fluid to be taken into the body by the mouth for digestion or absorption, the device comprising:
- a vessel having handle, a bottom and a top lip;
 - a baffle plate having a top surface, a bottom surface, and an opening, wherein the baffle plate is positioned in the bottom of the vessel so that the bottom of the vessel and the bottom surface of the plate form a reservoir for containing a predetermined volume of flowable fluid; and,
 - a delivery tube connected at one end to the reservoir extends upwardly above the lip of the vessel, wherein upon filling the vessel with flowable fluid, the reservoir fills with via the opening, whereby a predetermined volume of fluid is dispensed from the upper end of the delivery tube when the vessel is tipped.
9. The device of claim 8, wherein the delivery tube and the baffle plate are integrally formed.
10. The device of claim 8, wherein the vessel includes a lid having a bore for receiving the delivery tube, an air port, and a connection port for receiving a mouthpiece.
11. The device of claim 8, wherein the vessel has a second handle oppositely disposed of said handle.